



THE ELBA CLIPPER  
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AS SECOND CLASS MATTER UNDER THE ACT OF CONGRESS,  
MARCH 3, 1970.

SEE, HEAR and MEET  
ALBERT BREWER  
YOUR NEXT GOVERNOR



MONDAY March 30th  
ENTERPRISE 4:30 P.M.  
ANDALUSIA 7:00 P.M.

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WEDNESDAY, APRIL 1, 1970

Sponsored By The  
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SALE WILL BE HELD AT THE FARMERS  
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BENEFIT OF THE  
JUNIOR CATTLEMEN'S ASSN.

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MEMBERS & NON-MEMBERS MAY  
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THIS SALE IS IN CONJUNCTION WITH THE ANNUAL JUNIOR CATTLEMEN'S  
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SALES AND SERVICE

# The ARMY CROWN

SCF Johnnie M. Blalock  
ARMY RECRUITER

For children of all ages everywhere, games are a common language. This concept is being put to good use by the men of the Internal Defense in Vietnam. They have been using games to teach American customs to Montaguard children and as a means of getting closer to them and making them more at ease. Tag, hopscotch, sing-alongs, swinging on swings and, especially, basketball, have proved big hits. "The kids are real fan," says Specialist 4 Roger Armstrong of Rockford, Ill. "They pick up the rules and in no time are driving the game like the old pros." The Montaguard boys take turns showing the Americans their games, too. The internal defense language of games seems to be a sure-fire way of bringing people closer together.

## HELPS FOR HOGS

Here's another story on how American ingenuity is helping our Vietnamese friends. In Camp Pendleton, Calif., American civil affairs officers and veterinarian found the hogs being raised by the local Vietnamese to be pretty poor quality. American know-how and scientific knowledge were shared with local farmers for an improved product. The vets explain modern

methods of hog raising, and they inspect animals for disease. Edible left-overs from Army mess halls are given to excess meatless animals. Farmers have even formed themselves into a cooperative to pool their funds and resources. Size of the hogs - as well as profits - have all gone up.

## Facts About The Army

DID YOU KNOW

That Army Engineers built the Washington Monument? They completed the job on December 6, 1884.

That you should never number a serviceman on the envelope when writing them? It speeds mail delivery.

That Army Captain Mel Pender, world holder of the 70-yard dash and 1968 Olympic gold medalist in track, is currently coaching a Vietnamese track team, in addition to his regular duties?

RECENT ENLISTEES

in the Army are Lloyd A. Platt, David M. Varner, James L. Williams, Timothy G. Wiltrout and Johnny D. Worley. We wish them the best of luck as they begin training.

## COMING WEEK

During the coming week we plan to be traveling around the territory and will make stops at the draft boards in Troy and Luverne. Tuesday the post offices in Opp and Enterprise Wednesday, the post office in Opp and the draft boards in Elba, Andalusia, and the local post office Friday morning-Friday afternoon, Saturday morning and all day Monday we will be at the recruiting station located in Andalusia at 213 Dunson Street. Why not stop off and say hello?

Snoring is a great joke to everyone except the person who snores and -- to an even greater degree -- the person who is disturbed by it.

Many is the marriage that has hit the rocks to the tune of assorted burrs, gurgles, gasps and snorts from a snorer.

Snoring isn't just a case of snoring being unpleasant to hear; it can cause chronic nose and throat irritation that can lead to infection.

Although there are no accurate statistics, it is estimated that about one out of three persons snores enough to cause at least some problem. Snoring is a social occasion but it is only when the snoring is persistent that it is a problem, the magnitude of which has been grossly underrated.

Snoring is a bit like hiccuping in that there are dozens of so-called cures, but no one really effective control method.

Most physicians say that ear plugs, the popular suggestion to sleep with a snorer is a practical remedy as any and, unfortunately, they aren't kidding.

Real cures are rare,

It is extremely difficult to snore without a chin strap.

It is possible to sleep with a chin strap that holds the mouth closed while sleeping frequently are prescribed. Sleep apnea is another cause of snoring.

Snoring is persistent and often causes sleep on their backs and a change to sleeping on their side or stomach often eliminates or at least reduces snoring.

If such simple remedies do not eliminate or reduce the problem, by all means consult with your physician. There

is a simple remedy for snoring.

It is a simple remedy for snoring.

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